



The Arizona Deafblind Project

NEWSLETTER

April 3, 2020



Educating Learners with Combined Vision and Hearing Loss during COVID-19

The field of deafblind education places a high value on interaction, closeness and hands-on learning. During a time of school closures, distance and virtual learning can seem like a mismatch for our unique and diverse group of learners.

The Arizona Deafblind Project acknowledges

- Most of us are dealing with an overwhelming amount of incoming information
- New formats for learning will take time and patience
- We can try and do a little when we feel ready



Tip of the Week

What is Mindfulness?

By definition, it is the ability to be fully present, aware of where we are and what we're doing.

Mindfulness is not something we do, it's something we are.

What does that mean in this time of uncertainty? What does that look like for us? Our families? Our children? The honest answer is that it looks different for every one of us....and the best part is- there is no wrong way to be mindful! It's not something we have to create. We just have to learn how to access it. And we can do that by simply observing the actions going on inside of us and around us.

An example of mindful breathing may look like taking 5 deep breaths in and out and simply observing where we feel our breath the most. Is it in our throat? Our neck? Shoulders? Stomach? The space in between our lips and the tip of our nose?? Remember, there is no wrong answer, simply just our observation.

“Wherever you go, there you are.” ~ Jon Kabat-Zinn

Mindful Families and Educators

[Ninja Focus](#) is a digital mindfulness coach for kids. [It includes free printables](#)

Mindful Schools offers a [free online kids Mindfulness class](#) with activities, movement, and read-alouds

[Stop Breathe Think](#) is a free app for kids (Pssst! There is an adult version too!)

[Insight Timer](#) is a free meditation app

Manuela Molina wrote a [Children's book on COVID-19](#) with colorful and vibrant illustrations. This book was created to invite families to discuss the wide range of emotions arising from the current situation, and is accessible in several languages

[The Peace Out Podcast](#) includes short stories that help children calm down and relax



Did You Know...

Our very own Family Engagement Coordinator, Heather Joy Magdelano leads a group called Journey into Joy, meeting once a month to practice Yoga Nidra (deep guided meditation).

Photo: Heather Joy and her two children pose while sitting. Photo credit: Mariana Dale, from a [recent feature on Journey into Joy on KJZZ](#).

Journey into Joy is for moms who have a child with a disability or a chronic health condition (physical or mental). They meet the first Saturday of every month from 2:30-4pm at Metta Yoga. No experience with yoga or meditation is necessary. The class is donation based. [Please email Heather Joy Magdelano](#) to find out how to attend the virtual class on 4/4/20.

Hey, I LIKE THAT!

One of the consistent themes in deafblind education is to focus on the child's LIKES.

When considering what to do to fill some space in our days, we can always go back to the basics and re-assess a child's LIKES. This often helps us decide where to go next...

[The Washington Sensory Disability Services offers us a tool to investigate this very thing](#)

Spring Break Extended

Enjoy this [beautifully written blog post](#) by the parent of Eddie, **Emily Coleman**. *[photo: A smiling child wearing headphones places hands on another person's hands in front of him; credit: familyconnect.org]*

**“We all may be physically alone,
but with our online communities,
we don't have to be isolated.”**



10 NEW Resources for Service Providers and Families

TSBVI Outreach presents [Coffee Hour every M/W/F at 8 am](#) Arizona time. Free and Welcome to All.

Communication Service for the Deaf, Inc. (CSD) has a [COVID hotline in ASL](#)

The National Center on Deaf-Blindness (NCDB) compiled a [variety of resources for families](#).

The CHARGE Syndrome Foundation also compiled [resources for families and educators](#).

The Maryland DB Project is offering [free webinars for families and service providers](#)

If you have or work with **older/academic/advanced readers**, [this site](#) has free eBooks

Get active and have fun. Try some [PE with Joel!](#)

Freedom Scientific is offering [free ZoomText and JAWS](#) to personal home computers

Do you have a **transition-age youth** interested in [touring some colleges?](#)

Deaf Mentors in Arizona host ASL classes every Saturday at 10am Arizona time on Zoom. This class is specifically for families. To join this Saturday 4/4, [click here](#) or enter Meeting ID# 115 309 313.

If you have needs the newsletter does not address, Deafblind Project Specialists can be available by phone or through video conference during school closures in Arizona.

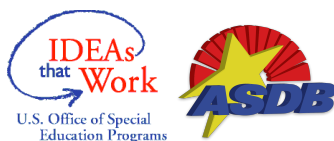
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